Awareness of Legal and Political Rights, Autonomy and Participation in the Public Domain by Women of Jammu

A Synopsis

Submitted in

Partial fulfillment for the degree of

Doctor of Philosophy

(Political Science)

Supervised by

JV'n Dr. Sapna Gehlot

Submitted by

JV'n Ms. Sadhvi Sharma

Department of Humanities and Social Science

Faculty of Education and Methodology

Jayoti Vidyapeeth Women's University

Jaipur (Rajasthan), India

2021

CONTENTS

S.no	Title	Page number
1.	Introduction	1-7
2.	Topic and research area	7-9
3.	Objectives	9
4.	Research Hypotheses	9
5.	Research Methodology	10-11
6.	Research questions	12
7.	Chapterization Chapter 1: Background of Jammu and Kashmir Chapter 2: Historical perspective of women rights Chapter 3: Rights of women in Jammu and Kashmir. Chapter 4: Conditions of women in Jammu & Kashmir. Chapter 5: Survey data analysis Chapter 6: Conclusions	12-13
8.	Review of Literature	13-20
	References	21-25

1. Introduction

A Nation's fate is shaped by the contributions of women. She possesses a heart that is considerably more powerful and daring than that of a man, and she serves as the ultimate source of motivation for mankind's upward march."

- Rabindranath Tagore.

Indian women's history and current place in society

It is undeniable that women constitute 50% of the planet's populace. India, on the other hand, is an exception where the sex ratio is asymmetrical. For all its promise as a future industrial power, India continues to lag behind; the population of girls has been much lower than that of men. It's not encouraging to read that Indian women's social standing is not fair and that they aren't properly regarded as equal to males in all domains. Equal rights and privileges for women are the best practice in western cultures, according to a recent study. Today, we discover widespread gender impairments, male chauvinism, and other forms of bigotry in India. Consistent with this paradoxical scenario, women were both revered and degraded in equal measure in India.

To begin with, we can clearly see that Draupadi was used as a product and put at stake in the gambling between Pandavas and Kauravas. This demonstrates the existence of gender disparity in Vedic times.

It is clear from history that males in general adored the dancing of ladies to the core. As a consequence, women were socially and culturally conditioned to perform for males, whether in public or private.

To administer the household and take care of their personal and basic needs, women in Indian culture have traditionally been heavily reliant on male family members. This has changed dramatically in the last few years.

Even in the presence of elders, women were denied permission to openly express their opinion. It was common for the man to assume responsibility for any good that occurred in his

family in this kind of scenario. When anything went wrong in the household, however, all blame and responsibility fell solely on the shoulders of the female.

Women who had to depend exclusively on their husbands for financial support, child care, and personal needs after being widowed. A widow's reliance on her husband or other male family members continues to grow even now. A widow's inability to socialize with other members of her family is heartbreaking to behold. The fact that widows are neglected in society's political, social, and economic spheres is an abhorrent practice.

India's early 20th century saw the birth of the National Movement, leading Mahatma Gandhi's efforts to end all types of injustice and misogynism. Two societal revolutionaries, Raja Ram Mohan Rai and Iswar Chandra Vidyasagar, were instrumental in transforming the situation for women such, for example, insisted on the importance of feminist rights and education while also prohibiting abuses like as childhood wedding and sexual slavery. They also worked to eradicate polygamy. Initially, the National Movement is to be credited with the emergence of numerous reform movements in the country, which laid the foundation for women's freedom from social and religious taboo practices. Sati (abolition) Act of 1829, Hindu Widow Remarriage Act of 1856, Child Restriction Act of 1929, Women's Property Right Act of 1937, and various reform and revolutionary struggles in India ultimately brought about these laws. After attainment of independence, a tremendous change in the status of women occurred. Constitutional and national authorities saw it as necessary to acknowledge the equality of men and women's social position, and thus they accorded women substantial importance in their efforts to free them from the clutches of slavery and marginality. As a result of all of these developments, women were able to begin to free themselves from the oppressive grip of males. The Hindu Marriage Act, passed in 1955, provides a long-lasting answer to the issues raised above by explicitly defining the marriageable age, mandating monogamy and the mother's supervision, and allowing for the dissolution of marriage in certain conditions. The Hindu Adoptions and Maintenance Act, 1956, was a huge relief to both unmarried women and widows or divorcees of sound mind since it allowed them to adopt a child. Dowry Prohibition Act, 1961, has another beneficial feature for women: anybody who provides or accepts dowry would be penalized heavily and can even be jailed.

Women's place in society today

Approximately 65.13 percent of India's total population (135 million people) resides in rural areas, with women making up almost half of this number (48%). Only 9.8 percent of agricultural employees are women, whereas 74.8 percent of agricultural workers are women (SECC, 2011). According to the 2011 Census, the overall literacy rate was 72.98 percent, with females having a literacy rate of 64.63 percent and men having an overall literacy rate of 80.9 percent. Rural ladies (24 percent) had the greatest increase in literacy rates over the last decade (mospi.nic.in). Gender discrimination has arisen as a consequence of the girls' educational disadvantage. Equal rights for women in India are enshrined in the country's constitution and law, and in certain situations, they are granted special status. Women in India successfully surmounted impoverishment and a male-dominated society to achieve this status.

Despite the constitutional demand for equality of the sexes and the recognition of the status and freedom of indigenous women, the majority of women in the nation are nevertheless susceptible to social norms and behaviours. Although women are no longer subordinate to men in the patrilineal joint family system, they are still subordinate in the patrilineal joint family structure. Most people believe that males play the most essential roles in women's lives, and that they are the family's primary providers and guardians, while women are simply supposed to perform a supporting role by taking care of the family's health requirements. Many of the activities and duties that people assume as adults are based on the assumption that children are better suited to these kinds of tasks than adults. The position of women has always been low in both the home and society since males have dominated and controlled women as a collective.

As a general rule, having a daughter in one's family is considered the finest way to care for one's parents in old age. However, when it comes to choosing between a son and a daughter, practically every Indian family prefers to have a boy and dislikes having a girl. Sons are regarded as economic, political, and ceremonial assets whereas girls are regarded as liabilities particularly, in the business community. As a result, anti-feminist societal prejudice is the primary driver of gender inequality in our culture.

What is Women Empowerment?

Empowering women is providing them the capacity to make choices about their own lives and careers, in addition to providing them equality in all spheres of society, including the personal, social, economic, political, and legal sectors. Currently, we are living in an era of gender equality in which women and men work side by side. It is also possible for a woman to maintain a work-life balance while caring for her family. They are able to perform a variety of roles simultaneously at home and at business with astonishing ease and adaptability.

“Women empowerment is defined as a process of awareness creation, which helps women to change their attitudes and attain skills. Women empowerment enables them to assert their rights to gain autonomy and control over their lives, which leads to participation and collective actions promoting overall uplift of women”.(Karl,1995)

A nation's success depends on women's empowerment since they have the twin responsibility of running their households and making money to help support their families. A mother, sister or daughter's value cannot be overstated in any family. Equally important, females have also positioned themselves as significant benefactors to their families' financial needs. Women have established themselves as invincible on the world stage as well, but their numbers pale in contrast to those of their male colleagues.

Significance of Women empowerment

In the previous seven decades, worldwide feminist movements have made significant progress in the direction of attaining professional sexual harmony (Women Deliver, 2020, WEF, 2020). The 2030 Vision for Integrated Growth of the United Nations makes it clear that the world needs appropriate approaches to facilitate the autonomy of women and girls. The goal of "achieving gender equality and empowering all women and girls" is enumerated as one of the items in the UN's 17 Integrated growth Goals (SDGs), and egalitarianism is treated as a cross-cutting problem in all of the SDGs . Sexual equality as the fifth SDG includes several indicators aimed at ensuring equal treatment, access, and protection for women. Ensuring inclusive and quality education, affordable healthcare, professional job, and participation in economic and social decision-making mechanisms would drive sustainable economies and enrich communities and humankind as a whole, according to the United Nations (UN, 2017).

However much work and study has been put into initiatives with Women Empowerment components, data reveals that there are intolerable social, political, economic, and physical situations that disproportionately harm women. Some examples include the fact that rural regions are adversely impacted by different factors that limit or obstruct women and girls' access to quality education, good employment, and important services and resources (Malhotra and Mather, 1997, UN, 2017). There are a variety of elements at play here, including local cultural norms, socioeconomic issues, political and legal institutions, as well as geographic restrictions. In India, alone, the everyday injustices and detriments that women experience must be addressed. Women make up 48% of the Indian population; however they get just a portion of the country's total resources and possibilities, the latest statistics reveals (Government of India, 2011). In spite of their traditional duties as primary caretakers to their families, While carrying out their traditional roles, women are simply the largest susceptible and disenfranchised members of civilization. As a "cross-cutting category of humans" that represents all of society's deprived groups, women go far beyond merely being a marginalized segment (Malhotra and Schuler, 2002).

Malnourishment, poor levels of education, early mortality, female feticide, financial inequity, and family violence are a few of the factors that put women at risk, and many of these concerns impact women over the world (UN, 2017). According to the 2011 Indian census, just 17% of rural Indian women were working and in India, barely half of the women were educated (Government of India, 2011). Based to India's NFHS Survey (2015–16), females with lesser levels of significantly more susceptible to encounter poverty, spousal maltreatment, and neonatal deaths.). According to International Institute for Sciences, 2016 anemia caused by iron deficiency is responsible for 20–40% of all maternal fatalities in rural India. Around 87% of pregnant rural women suffer from this condition (ILO, 2016). According to estimates, as many as one in three women in the United States have no authority over family spending choices (Kabeer and Natali, 2013). As you can see, many women in India confront several challenges on a daily basis, making it difficult for them to escape paucity. The comprehensive representation is a lot bigger and further complicated than the local one.

Having a world where women have more power leads to both a better life for women and a better world for everyone. International warfare, civil unrest, and geopolitical migration or refugee seeking might be undermined by the fact that 50% of the planet's population has equal access to fundamental human rights, proper jobs, and enhanced mentally and physically (UN Women, 2018).

Constitutional measures for women empowerment in India

The Indian government has implemented a number of constitutional changes aimed at enhancing the status of Indian women. Several laws have been enacted to promoting gender equality,

Equal Remuneration Act-1976;

Dowry Prohibition Act-1961;

Immoral Traffic (Prevention) Act-1956,

Medical termination of Pregnancy Act-1971;

Maternity Benefit Act-1961;

Commission of Sati (Prevention) Act-1987;

Prohibition of Child Marriage Act-2006;

Pre-Conception & Pre-Natal Diagnostic Techniques (Regulation and Prevention of Misuse) Act-1994;

and Sexual Harassment of Women at Work Place (Prevention, Protection and) Act-2013.

Women empowerment in Jammu and Kashmir

Due to the current social, economic, and political upheaval, there has been an increase in gender discrimination. Women's involvement in electoral and financial processes has decreased, resulting in a decrease in their freedom of expression, access to education, and possibilities for work. They have been forced to remain a passive observer in the middle of a constantly transforming socioeconomic landscape. They're experiencing an identity problem as a consequence of developing symptoms of exclusivity. They are suffering from psychological and transcendent illness as a result of their traumatised and depressed state. Violent rebellion and

radicalism expose women to greater risks than any other segment of society, making them particularly susceptible. In Kashmir, women have been subjected to violence for the last two decades as a result of the fighting. Women's growth is hindered by domestic violence, which is certainly a contributing element. People of all ages, backgrounds, and socioeconomic statuses in the erstwhile state of J&K were subject to the mental trauma. To enhance women's position in all sectors of life, empowerment has been employed in many ways, including the process of granting power, offering access to resources and decision-making. This is supposed to be the process of opening doors that were previously closed to people. Women empowerment refers to providing women the ability to control their daily life in the social, political, and economic realms so that they may move from the fringe to the core of societal structure. After the changing of the erstwhile state of Jammu and Kashmir into a union territory there has been substantial change in the scenario and there is visible improvement in the condition of the union territory.

2. Topic and research area:

Topic: "Awareness of legal and political rights, autonomy and participation in the public domain by women of Jammu."

Research area:-

For women's economic empowerment, true equality and authority over economic resources must be ensured, as well as increased influence over other aspects of one's life, via the use of these assets (Taylor and Pereznieto, 2014). Success in this area is becoming a priority for global policymakers because of its beneficial influence on the integrated growth objectives. Because of this, former UN Secretary-General had called for a Commission to help speed up development in the field. This focus may encourage prosperity, good labor and poverty relief, and societal development. More money has been spent on children's education and health care due to women's economic growth, and family poverty has reduced (World Bank, 2012; 2013). As if that weren't enough, there's still the economic argument to be made. When a major segment of the population is unable to compete effectively or attain its complete capacity, the nation's economy suffers, as has been shown by studies conducted by Woetzel et al., 2015, Golla et al., 2011: 3. According to Duflo, (2012) a gender-equitable redistribution of growth's benefits is not guaranteed, despite the fact that the latter is favourable. The well-being of women does not

necessarily increase due to progress (Graham and Chattopadhyay, 2012). However, in order to empower women economically, there must be an emphasis on women's needs and choices, as well as a recognition of their heterogeneity. To achieve justice, especially for women who are disadvantaged and persecuted, new techniques must be devised.

Following the inception of the new regime in India, the country is on its way to becoming a global leader and a torchbearer for the rest of the globe, and it is critical for the government to advance its female citizens. It is crucial to carry out a long-term and sustainable development of its womenfolk. Although many measures have been taken throughout the nation, it is still necessary to assess if the aims of women's empowerment have been realized. If there has been a change in women's understanding of their rights, it should be investigated. Have women been able to gain autonomy? Do they have authority over the family's resources? Do they still lack skills? Is it true that their engagement in the public sphere has increased? These are some of the issues that need to be addressed.

Jammu and Kashmir is a newly formed union territory in the country after the abrogation of article 370. There has been a substantial change in the administrative scenario after the revocation of the act. The new government has strongly emphasized the need to develop the women of the area, and multiple measures have been taken in this regard. It will be pretty interesting to know the status of women in the union territory and investigate the above-raised questions concerning the women of Jammu in union territory of Jammu and Kashmir. The currently proposed investigation will be conducted in light of the above-discussed issues.

Jammu and Kashmir is a sensitive union territory and the women in this region are lagging in many areas in comparison to their counterparts in the rest of the country. Since the conversion of the erstwhile state of Jammu and Kashmir into a union territory, an array of measures has been taken to develop and empower the women of the area. For example, women representation in panchayati raj institutions is given high priority; the legislative and democratic rights of females are clearly stated to them by conducting various seminars, symposiums and advertisements. In addition to this, skill India program is made women oriented to improve the skills of the women of the union territory. All these measures are bound to bear fruits and bring out substantial changes in the life of the women in J&K and the present research will use a pragmatic and dynamic approach to understand better the elements mentioned above in the context of women in J&K. The outcomes are intended to be eye-opening for the stakeholders. The study's findings

and suggestions may be used by policymakers to develop or change policies linked to women's empowerment. The research may be beneficial to all women in the union territory, and they can also understand their awareness towards empowerment. This justifies the research and should be conducted at the earliest .

3. Objectives

- To determine the extent to which women in Jammu are aware of their legal and political rights.
- To assess the amount of autonomy provided to women in Jammu.
- To determine the extent to which women in Jammu participate in the public sphere.
- To determine the degree of skill attainment by women in Jammu.
- To find out the difference in the awareness about legal and political rights ,level of autonomy , level of participation , level of attainment of skills by the women in Jammu in relation to age, religion, employment, locality, income, and education.

4 . Hypotheses

- There are no significant differences in women's understanding of their legal and political rights in Jammu with respect to demographic variables.
- There are no significant differences in the level of autonomy available to women in the Jammu with respect to demographic variables.
- There are no significant differences in the level of participation of women in the public domain with respect to demographic variables.
- There are no significant differences in the level of attainment of skills by women in Jammu with respect to demographic variables.
- There are no significant differences in the level of control over resources by women of Jammu with respect to demographic variables.

5. Research Methodology

The study's methodology includes data-gathering methods, research tools, and statistical tools for data analysis. In a nutshell, it may be thought of as a research blueprint.

Research design

Descriptive research technique will be chosen as a suitable study design for this suggested research because of its flexibility to the research strategy, variables under discussion, respondent size, and phenomena being examined.

Population

The population of the study will comprise of all the married women in the age group of 18-60 years in the Jammu district of the union territory of J&K.

Sample

The sample of the study will comprise of three hundred women in the age group of 18-60 years. The rationale for choosing the sample is that the gender role, rights and obligations become relevant through marriage and in order to understand the broader perspective of women empowerment only married women will be chosen for the sample of the proposed study.

Sampling Method: The survey will be conducted in the households of Jammu district in the newly formed union territory of Jammu and Kashmir. The random sampling method will be used. The sample of the study will be selected from the regions of Jammu district.

Variables of the study

Dependent variable: Level of awareness, level of autonomy, level of participation, level of skills attainment and level of control exercised over resources.

Intervening variables: Age, religion, employment, locality, income and education will be taken as intervening variables and differences will be calculated on these variables.

Data collection

Sources of Data

The research will employ both primary and secondary data. In order to obtain primary data, a questionnaire will be used to interview the participants in the research.

Primary data :Primary data will be gathered from respondents using a questionnaire created specifically for this project. In order to collect the information, the questionnaire will be given to the respondents and they will be interviewed in person.

Secondary data :Written, typed, or electronic versions may be offered. In the current study the secondary data will be collected from journals, magazines, literature review, news papers and online resources and the other relevant documents.

Tools to be used for data collection

To collect data, a 50-question interview schedule will be created, with questions relating to the above-mentioned factors of women empowerment. The interview schedule will include questions about level of awareness, level of autonomy, level of participation, level of skill attainment, and level of control over resources. The questions will be closed-ended with pre-selected responses, and the responder will be required to pick one of the options.

Procedure for data collection

The data will be collected by the investigator herself by visiting the different regions of Jammu personally. On an employed day, the investigator will visit the research locations and ask the heads of the families for permission to collect data from the married ladies of the household. After asking respondents to complete the surveys, the researcher will fill them out herself. It will be assured that all surveys are filled out completely and accurately. The completed answer sheets will be gathered and reviewed for inconsistencies, which will be corrected immediately in front of the responder. On another employed day, the same method will be done in the other locations chosen for the survey.

Proposed statistical tools for data analysis

The following statistical techniques will be used to analyze the data

1. To understand the demographic characteristics of the respondents frequency and percentage will be calculated.
2. To find out the difference in level of awareness ,level of autonomy, level of participation, level of attainment of skills and level of control over resources in relation to the intervening variables like age, religion, employment, locality, income and education, a ‘t’-test will be employed.

6. Research questions

- What is the level of awareness of women in Jammu about legal and political rights?
- What is the level of autonomy of women in Jammu?
- What is the level of participation of women in Jammu in the public domain?
- What is the level of skill attainment by women in Jammu?
- How much control women in Jammu exercise on their resources?

7. Chapterization

Chapter 1: Background of Jammu and Kashmir

Chapter 2: Historical perspective of women rights

Chapter3: Rights of women in Jammu and Kashmir.

Chapter 4: Conditions of women in Jammu & Kashmir.

Chapter 5: Survey data analysis

Chapter 6: Conclusions

Chapter 1: Background of Jammu and Kashmir

This chapter will provide a background of the women in Jammu and Kashmir, define the concept of women empowerment and discuss different indicators of women empowerment. The chapter will also discuss the research objectives and hypotheses raised for the current study and the rationale of the study. The first chapter will also include the review of literature .

Chapter 2: Historical perspective of women rights

In the second chapter a detailed description of the women rights in the historical perspective will be presented. This will include the development and history of women's rights.

Chapter 3: Rights of women in Jammu and Kashmir.

A comprehensive discussion will be conducted in the third chapter about the rights of women in Jammu and Kashmir which will serve as a guide for the research. The rationale of the chapter is to assess the legal and political aspects of women's rights in J&K.

Chapter 4: Conditions of women in Jammu & Kashmir.

The fourth chapter will be dedicated to the current conditions of women in Jammu & Kashmir. In this chapter the existing conditions of women in J&K will be presented in the light of various women empowerment scheme in J&K.

Chapter 5: Survey data analysis

Data analysis and interpretation pertaining to the extent to which women in Jammu are aware of their legal and political rights will be the focus of this chapter. This chapter will also bring to light the amount of autonomy provided to women in Jammu in the union territory of Jammu and Kashmir. The results of the study will be discussed in this chapter. This chapter would address the results from the data analysis conducted. Hypothesis testing would be conducted in this chapter. It will also comprise of representation of the information and findings in graphical form.

Chapter 6: Conclusions

The last chapter of the thesis will contain a short summary of all the work done so far. Conclusion of the research work will be presented in this chapter. In addition to this suggestions for the Industry/ Society/ Policymakers will be incorporated in this chapter.

8. Review of Literature

1. Gupta, M. (2021), "Role of NGOs in women empowerment: case studies from Uttarakhand, India" stated that a nation's progress and prosperity depend on women's empowerment. This research aimed to investigate the role of non-governmental, non-profit association in advancing women's empowerment via direct employment generation.

The function of non-governmental organizations in women's empowerment has been investigated via the use of case studies. Five selected reports were developed by interviewing women who had received instruction and launched their own businesses.

Women may be empowered via venture development and entrepreneurship with the right skills and knowledge. With good leadership, women can develop self-confidence and strive to accomplish their employment goals. Self-help groups (SHGs) and NGO's may assist people become more empowered by helping them understand government policies and networking with consumers. It is evident from the above that NGOs and SHGs must concentrate on generating an immediate source of income. The result of the study point to the fact that more socialization is

required for women to expand their enterprises and develop a practice of partnering with their mates. Women must be educated in green manufacturing and how to produce ecologically friendly and sustainable goods to fulfill the need for a sustainable and green environment.

2. Ahmed, M., Zameer, M., Verman, S. K., & Godiyal, S. (2021) conducted a study on "Educational Needs and Training for Women Empowerment in India." India has had numerous issues to cope with when it relates to feminism, it was discovered. Consequently, this article addresses the significance of education in empowering ladies and the current government to do so. Accordingly, the current study is a descriptive kind of research project. Researchers utilized secondary data in this investigation. Women's empowerment, according to the research, is a dynamic and active process that helps women discover their uniqueness and strength in each and every aspect. In India, due to deficient instructive resources and instruction, many women dropped out of school in because of; this, Indian women are deprived of their fundamental rights. Most Indian women are housewives, although this has changed in recent years, with the Indian government introducing numerous vocational seminars and training programs.

3. Ahmed, M., & Moorthy, R. (2021) “Gender inequality in Assam: factors affecting women’s political participation in electoral politics” investigated the level of women's participation in political activities, as well as the factors that influence women's participation in politics, and determined that Assam is not an outlier in this respect. It is necessary for human development. democracy contributes to the achievement of society's larger goals. Individuals, both males and females, is encouraged to actively engage in the national vote of their lawmakers in a modern democracy. Democracy benefits everyone on the planet because it ensures that everyone has the same opportunities for economic prosperity, equal rights, and the capacity to participate in government, as well as a society free of prejudice. In India, females are explicitly forbidden from participating in politics and many aspects of everyday life, in contrast to this essential democratic concept.

4. Sharma, E., Das, S.(2021) investigated the "Integrated approach for female empowerment in India today" To create an ideal paradigm for women's empowerment in rural India, researchers collected primary data from 3000 women from 60 communities in India from all four zones and central regions. Economic, social and human, and legal empowerments are three major elements

of women's empowerment, according to exploratory factor analysis (EFA). Theories and models are created in order to shine light on areas that need further examination; as a consequence, changes are required to make rural women identity, include them in personal liberty and comforts, as well as a strict, favourable legal system for long-term women empowerment.

5. Women in reserved seats in Gram Panchayats and Union Parishads suffer cultural barriers when they try to gain political power at the local level via engagement in politics, according to a research by Prodip, M. A. (2021) " Cultural obstacles to women's political empowerment in India and Bangladesh." In general, the results were erratic, and they vary greatly from nation to nation. Compared to Indian women, Bangladeshi women have the most challenges in the job because of their male peers' patriarchal behaviour. When it comes to male domination, proxy representation is still a huge issue in India compared to Bangladesh. Politicians' engagement, on the other hand, is another kind of male supremacy that inhibits women in countries like India and Bangladesh from participating successfully in local councils. Women's participation in politics is no longer hindered by religion in both countries. Both nations' female members must fight against antiquated conduct and male supremacy in order to create an environment where women may voice their concerns about the inclusion of feminist ideas in decision-making processes.

6. Annan, J., Donald, A., Goldstein, M., Gonzalez M. P., Koolwal, G.(2021) conducted a study titled, "Taking power: Women's empowerment and household Well-being in Sub-Saharan Africa" using data from 23 African nations, women's physical condition, reproductive results, kids fitness, and learning were all evaluated in this research, which explored the link between women's authority and that of their spouses. Women's empowerment is measured using a new measure strongly related to traditional theories of power and is constructed from spouses' sometimes contradictory accounts of intrahousehold decision-making. For women's physical condition and the kids fitness, the study found that women who assume additional managerial authority than their spouses grant them are healthier , while those who are given more power by their partners are worse off in relation to emotional aggression. Within-household conflict over managerial and the relevance of females capacity for economic progress are both shown by these results. They increase the breadth of this field's study.

7. Ojediran F, Anderson A. (2020) “Women’s Entrepreneurship in the Global South: Empowering and Emancipating?” examined whether entrepreneurship offers empowerment in relation to female empowerment in the workplace. According to the writers, entrepreneurialism must be understood as a social activity that results in economic effects. The setting in which entrepreneurship takes place must thus be fully taken into consideration when discussing issues of empowerment. Women's free enterprise is subordinated and viewed as mediocre in the Global South because of a variety of institutions, including institutional and unstructured, historical, societal, and governmental aspects. Traditions, customs, and sexism appear to act in concert to destroy one another. Clearly, entrepreneurship has the potential to empower people, albeit in a small and gradual way. However, emancipation is a lengthy, drawn-out process.

8. As part of his research, Sharma, E (2020). "Women and politics: a case study of political empowerment of Indian women”, examined how far Indian women have come in terms of gaining political power and what is holding them back. A multinomial logistic regression with intervening variables was also utilized to analyze the information on the 5 qualities from a sample of 423 female employees from the aforementioned industries. (marital status and generation gap). Women's political empowerment hinges on a number of interrelated variables, the most important of which are education, support network, a supportive legal system, a supportive political system, and personal desires or internal motivation. The case study of Indian female social independence provided in this paper sheds new light on the issue of women and governance. It can be seen from the study that after a successful test, the study's pilot model can be implemented and scaled up across the country.

9. "Identity Politics, Secularism and Women: A South Asian Perspective," by Anita Chhahhi (2019), examines the relationship between South Asian state structures and ideology, as well as issues surrounding gender equality and the politics of identity. A theoretical framework for analyzing the interaction between South Asia's state, identity politics, and women is examined. Excursions into Indian history in this chapter examine nationalism's ideological foundations, as well as the construction of legislative frameworks that preserved different identities for Muslims and Hindus after independence. Despite the fact that it focuses on India's pre-independence history, these systems have a similar legacy for Pakistan and Bangladesh. Identity politics and their effects on women's rights are also discussed here, as are secularism's inherent paradoxes.

Both India and Pakistan were formed on the basis of an ideological mobilization that linked national identity to a certain ethnic group, even though both countries professed to be secular.

10. Researchers Jaimie Bleck and Kristin Michelitch (2018) in their work "Is women's empowerment associated with political knowledge" investigated the link flanked by women's democratic empowerment in Mali and political information and beliefs. Researchers observed that there is a significant gender disparity in political awareness and perspective across the African Continent, rural population. Women's socioeconomic autonomy (family and flexibility outside the community) and political perceptions and awareness were examined in respect of Mali, with paternalistic sexual category expectations. It was discovered that pastoral female opinionated knowledge and perspectives are favorably connected with women's empowerment. The family unit system, which governs the constitutional civil liberties of males and females in matrimony, legacy, and the relatives, is examined as a problematic guiding principle area with progressive repercussions for males and females. Female empowerment is linked to greater acceptance for equal liberation.

11. With an emphasis on self-help groups, measures to increase capacity, and a sense of individual tension in their data, Varsha, P.S, Gayathri Reddy,K., Sudheendra Rao, L.N., & Kumar , A. (2019) "Impact of Self-Help Groups, Capacity Building Measures and Perceived Tension on Women Empowerment" hoped to get empirical insights into the topic of women's empowerment. There are five primary components to women's empowerment: the political, social, legal, and psychological aspects of having a voice. As a consequence, women's empowerment is bolstered by a variety of capacity-building projects. There are four major areas of perceived stress experienced (economic, social, legal, and innovation learning) that the research examines and their impact on women's empowerment. Women's empowerment and profound SHG traits are both affected by perceived anxiety.

12. Feruglio, F., Nisbett, N. "The challenges of institutionalizing community-level social accountability mechanisms for health and nutrition: a qualitative study in Odisha", examined how social accountability mechanisms have been utilized to promote societal-level nourishment and fitness services in the state of Odisha. Analysis was conducted using a priori categorization that was generated from the literature on major accountability issues. Mothers' council, Jaanch

subcommittee, Village Water and Hygiene Committees, and Self-Help Groups were also evaluated. It was based on their capacity to provide meaningful engagement opportunities for its members and enable women to take action on their own. Furthermore, community engagement is quite limited in most of these procedures, with committees dominated by those who are intended to be held accountable. Self-help organizations, on the other hand, demonstrated substantial degrees of self-determination and collective strength. The results of this study revealed that food and nutrition service improvements in India can only be achieved if community-level procedures are appropriately addressed to ensure the engagement and empowerment of the community's members.

13. According to Som Chatterjee,. Dutta. Gupta, S. and Upadhyay, P. (2018), "Empowering women and stimulating development at bottom of pyramid through micro-entrepreneurship Small businesses/micro-entrepreneurs were developed to solve the problem of Self Help organisations' sustainability. Structured Equation Modelling with Latent Factors is being used to investigate the connection between empowerment of these self help groups and micro-entrepreneurship. The consequences of an empirical investigation show that SHGs and small businesses have a causal link. That SHGs have had a significant impact on the lives of female members is evident from this research. SHGs also emerged as a source of micro-entrepreneurship in this research.

14. Sano, Y., Antabe, R., Atuoye, K.N. et al. “Married women’s autonomy and post-delivery modern contraceptive use in the Democratic Republic of Congo” found that contraceptive usage in the Congo is low despite the fact that modern contraception is widely believed to be useful in reducing mother and child mortality. The research explored the relationship between contemporary contraception usage and women's sense of self-determination. Data of Congo’s Survey, provided the data for this analysis. Married women who were pregnant in the past three years were considered for this study. An investigation of the link between female autonomy and the usage of current contraceptives was conducted using logistic regression models. Only nearly seven percent of married women who had delivered within the last three years utilized contemporary contraceptive methods, according to the survey. It is imperative that the government and other stakeholders implement programmes targeted at eliminating gender disparity and promoting women's autonomy in reproductive health decision-making.

15. Diamond-Smith, N., Treleaven, E., Murthy, N. (2017) “Women’s empowerment and experiences of mistreatment during childbirth in facilities in Lucknow” found that there are many instances of women throughout the world who have suffered abuse, neglect, prejudice, and inadequate interpersonal care during giving birth. Women's empowerment may serve as a defence against maltreatment in delivery facilities. Qualitative studies have dominated prior investigations on birth trauma. To gauge female's attitudes on gender equality, they employed the Gender Equitable Men (GEM) scale. Females with more egalitarian outlook of the position of women were not expected to report abuse after delivery, according to the results of the research. Taking in consideration these results, it seems that aspects of women's empowerment connected to societal expectations about the worth and function of women are linked to birth trauma. According to the findings of this research, the GEM scale may be used to assess a variety of aspects of women's empowerment, including their health and well-being.

16. Dunn, J.T., Lesyna, K. & Zaret, A. (2017) “The role of human rights litigation in improving access to reproductive health care and achieving reductions in maternal mortality”, found that in order to achieve universal access to family planning care, the United Nations, national governments, and civil society groups are cooperating to enhance the health of pregnant women and minimize the number of maternal deaths. Data from four different nations shows that litigation are generally effective when integrated with current national healthcare and civil society operations. As a result, the health system's shortcomings are exposed and the institutional mechanisms and authorities that devalue or discriminate against women are challenged. Inspires other groups to act quickly on a greater level of social, economic, and political empowerment for women. Campaigns for women's health have been brought to light by human rights litigation and new efforts to improve women's health have been established in both local and global contexts.

17. Ghulam Sarwer (2017) in his work women empowerment: Issues and challenges in Jammu and Kashmir found that women are becoming the victims due to domestic violence, social practices, armed conflict and militancy in the state. They are not only suffering from penetrating humiliation and harassment but also suffering from shocking experiences with continued depression that left them mentally ill. The conflicting situation in Jammu and Kashmir has snatched the women's right and hit their hardship.

18. Manzoor Ahmad Parrey & Sonia Sthapak (2020) in their research paper titled , Muslim women empowerment in Kashmir: role of education and future challenges reported that Islamic female's emancipation can only be attained via knowledge, according to this study, which reveals that professional requirements have a key part in Islamic female development. As a result, it is critical that islamic women be educated to a higher degree.

19. Kashmiri women's psycho-social and biological requirements are addressed in the book, "Women in Kashmir," written by Jan and Zaroo (2013). According to the book, there are contemporary worries over women's position in the valley and their shifting patterns of connection with males. The book also pays particular attention to the Gujjar and Hanji females of Kashmir. Females with disabilities are given same consideration in Kashmir as other feminist equality. The aspirations of Kashmiri women for greater social mobility are come to attention, as is the substantial incidence of mental illness among these ladies.

20. Feroz ahmad Bhat (2017) in his study "Socio - political role of females in Jammu and Kashmir". To investigate the cultural and social situation of ladies in the erstwhile state of Jammu and Kashmir, the report's goals included: Determine the degree of socio-economic and knowledge of politics across females in the Anantnag area. People's choices to socio-economic and social environments in Anantnag district was examined in this study. The survey concluded that the percentage of women had a sense of societal responsibility for issues such as the marital age, their portion of the marital assets, their right to remarry a widowed man, their ability to plan their families, and their safeguard from intimate partner violence.

REFERENCES

Ahmed, M., & Moorthy, R. (2021). Gender inequality in Assam: factors affecting women's political participation in electoral politics. *Linguistics and Culture Review*, *5*(S2), 922-933. https://doi.org/10.21744/lingcure.v5nS2.1551

Ahmed, M., Zameer, M. ., Verman, S. K. ., & Godiyal, S. . (2021). Educational Needs and Training for Women Empowerment in India. *TRANS-KATA: Journal of Language, Literature, Culture and Education*, *1*(2), 58-67. https://ejournal.transbahasa.co.id/index.php/jllce/article/view/19

Annan, J., Donald, A., Goldstein, M., Gonzalez M. P., Koolwal, G.(2021).Taking power: Women's empowerment and household Well-being in Sub-Saharan Africa,*World Development*, 140, 105-292, ISSN 0305-750X, https://doi.org/10.1016/j.worlddev.2020.105292.

Bhat,S.(2017).Socio-Economic and Political Status of Women in Jammu And Kashmir :A Study with Reference to Anantnang District (Doctoral dissertation, Annamalai University, 2017).

Bleck, J., Michelitch,K. (2018). Is women's empowerment associated with political knowledge and opinions? Evidence from rural Mali, *World Development*, Volume 106, 299-323. ISSN 0305-750X,https://doi.org/10.1016/j.worlddev.2018.01.006.

Chatterjee, S., Dutta Gupta, S. and Upadhyay, P. (2018), "Empowering women and stimulating development at bottom of pyramid through micro-entrepreneurship", *Management Decision*, Vol. 56 No. 1, pp. 160-174. https://doi.org/10.1108/MD-04-2017-0296

Chhachhi, A. (2019). *Identity Politics, Secularism and Women: a South Asian perspective*, ImprintRoutledge. eBook ISBN9780429039249

Diamond-Smith, N., Treleaven, E., Murthy, N. *et al.* (2017) Women's empowerment and experiences of mistreatment during childbirth in facilities in Lucknow, India: results from a cross-sectional study. *BMC Pregnancy Childbirth* 17, 335. https://doi.org/10.1186/s12884-017-1501-7

Dunn, J.T., Lesyna, K. & Zaret, A. (2017) The role of human rights litigation in improving access to reproductive health care and achieving reductions in maternal mortality. *BMC Pregnancy Childbirth* 17, 367. https://doi.org/10.1186/s12884-017-1496-0

Duflo, E., Dupas, P., Kremer, M. and Sinei, S. (2006) Education and HIV/AIDS prevention: Evidence from a randomized evaluation in Western Kenya. Policy Research Working Paper 4024. Washington, DC: World Bank.

Feruglio, F., Nisbett, N. The challenges of institutionalizing community-level social accountability mechanisms for health and nutrition: a qualitative study in Odisha, India. *BMC Health Serv Res* 18, 788 (2018). https://doi.org/10.1186/s12913-018-3600-1

Gupta, M. (2021), "Role of NGOs in women empowerment: case studies from Uttarakhand, India", *Journal of Enterprising Communities: People and Places in the Global Economy*, Vol. 15 No. 1, pp. 26-41. https://doi.org/10.1108/JEC-04-2020-0066

Golla, A.M., Malhotra, A., Nanda, P. and Mehra, R. (2011) Understanding and measuring women's economic empowerment: Definition, framework and indicators. Washington, DC: ICRW

Government of India. 2011. "welcome to census of india : Census India Library." (http://censusindia.gov.in/DigitalLibrary/Archive_home.aspx).

Graham, C. and Chattopadhyay, S. (2012), *Gender and well-being around the world: Some insights from the economics of happiness*. Working Paper 2012-010. Human Capital and Economic Opportunity Working Group.

ILO (2016) *Women at work trends 2016*. Geneva: International Labour Office.

International Institute for Sciences.(2016). *"India Fact Sheet*." National Family Health Survey - 4: 2015-16 1–6.

Jan, M. & Zaroo,M.Y.(2013). Women in Kashmir, New Delhi: Anmol Publishers

Kabeer, N., Mahmud, S. and Tasneem, S. (2011) Does paid work provide a pathway to women's empowerment? *Empirical findings from Bangladesh*. Brighton: IDS.

Karl, M.,(1995)*Women and empowerment : participation and decision making***,** London : Zed,

Manzoor Ahmad Parrey & Sonia Sthapak (2020) ,Muslim Women Empowerment In Kashmir: Role Of Education And Future Challenges, Journal of Xi'an University of Architecture & Technology Issn No : 1006-7930

Ojediran F, Anderson A. Women's Entrepreneurship in the Global South: Empowering and Emancipating? *Administrative Sciences*. 2020; 10(4):87. https://doi.org/10.3390/admsci10040087

Prodip, M. A. (2021). Cultural obstacles to women's political empowerment in India and Bangladesh: A comparative perspective. *Asian Journal of Comparative Politics*. https://doi.org/10.1177/2057891121990742.

SECC (2011) The Socio Economic & Caste Census, report

Sano, Y., Antabe, R., Atuoye, K.N. *et al.* Married women's autonomy and post-delivery modern contraceptive use in the Democratic Republic of Congo. *BMC Women's Health* 18, 49 (2018). https://doi.org/10.1186/s12905-018-0540-1

Sharma, E. (2020). "Women and politics: a case study of political empowerment of Indian women", *International Journal of Sociology and Social Policy*, Vol. 40 No. 7/8, pp. 607-626. https://doi.org/10.1108/IJSSP-12-2019-0261

Sharma, E., Das, S.(2021) Integrated model for women empowerment in rural India,*Journal of international development, 33,(3)* 594-611.https://doi.org/10.1002/jid.3539

Taylor, G., Pereznieto, P., (2014). A review of approaches and methods to measure economic empowerment of women and girls, *Gender & Development, 22:*2, 233-251, DOI:10.1080/13552074.2014.920976

UN. (2017). "United Nations: Gender Equality and Women's Empowerment." (http://www.un.org/sustainabledevelopment/gender-equality/).

UN Women. 2018. UN Women Annual Report 2017-2018.

United Nations. n.d. "*Sustainable Development Knowledge Platform*: Goal 5." (https://sustainabledevelopment.un.org/sdg5).

Varsha, P.S,., Gayathri Reddy,K., Sudheendra Rao, L.N., & Kumar , A. (2019). Impact of Self-Help Groups, Capacity Building Measures and Perceived Tension on Women Empowerment- An Empirical Study. *Asian Journal of Empirical Research*, *9*(3), 65–87. https://doi.org/10.18488/journal.1007/2019.9.3/1007.3.65.87

Woetzel, J., Madgavkar, A., Ellingrud, K., Labaye, E., Devillard, S., Kutcher, E., Manyika, J., Dobbs, R. and Krishnan, M. (2015). *How advancing women's equality can add $12 trillion to global growth.* McKinsey Global Institute (www.mckinsey.com/global-themes/employmentand-growth/how-advancing-womens-equality-can-add12-trillion-to-global-growth).

Women Deliver. n.d. "Women Deliver." (https://womendeliver.org/).

World Bank Group. n.d. "Gender." (https://www.worldbank.org/en/topic/gender).

World Economic Forum. 2020. "Global Gender Gap Report 2020." (https://www.weforum.org/reports/gender-gap-2020-report-100-years-pay-equality).

"World Bank. 2012. The World Bank Annual Report 2012 : Volume 1. Main Report. World Bank Annual Report;. Washington, DC. © World Bank. https://openknowledge.worldbank.org/handle/10986/11844 License: CC BY 3.0 IGO.

"World Bank. 2013. The World Bank Annual Report 2012 : Volume 1. Main Report. World Bank Annual Report;. Washington, DC. © World Bank. https://openknowledge.worldbank.org/handle/10986/11844 License: CC BY 3.0 IGO.

Websites

mospi.nic.in

www.jk.gov.in

http://jkindustriescommerce.nic.in

Newspapers

Times of India

The Hindustan times

The Economic times

The Greater Kashmir

The Daily excelsior

Magazines

India today

Outlook

Woman’s era

Femina